



HELPING YOU LIVE BETTER

Healthy Aging Day

Healthy aging means living life as fully as possible. This day is dedicated to enriching the lives of Baby Boomers and beyond, but is open to everyone, regardless of age. This free community event will feature group exercise classes, pickleball, informative lectures, free health screenings, vendor booths, free food and drinks, and giveaways.

Corpening Memorial YMCA

May 18 from 9 a.m. to 12 p.m.

Questions? Contact cfox@ymcawnc.org

SCAN THE QR CODE TO LEARN MORE



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